

PRE- Test CPA & BF Counselors

(Fill in the Blanks or circle the letter of the correct answer)

1. List 5 benefits of breastfeeding for *the infant* and 5 for *the mother*.

Infant:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Mother:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2. A pregnant woman states that she does not plan to breastfeed. The most effective counseling technique to use with this woman includes the following steps:

- a. Educate about the benefits, correct misinformation, and issue materials such as the Amy Spangler book.
- b. Elicit her concerns, affirm her feelings, and educate specifically to the concerns identified.
- c. Share positive experiences that other mothers or you have experienced after initially deciding not to breastfeed.

3. **A pregnant woman, who is expecting twins, is currently nursing her 2-year-old. What action should you take today?**
- a. Explain to the mother that her body is not able to sustain both a twin pregnancy and a nursing toddler.
 - b. Advise her that continuing to nurse may cause pre-term labor and that weaning is recommended to avoid risk to the pregnancy.
 - c. If there are no pregnancy complications, the child is growing and eating as expected for age, and the mother is gaining weight appropriately, support the mother's decision.
4. **Should a mother stop breastfeeding when she has a cold, the flu, or GI upset?**
- a. She will expose the infant through the breastmilk and should stop breastfeeding until she is over the illness.
 - b. She should pump & dump if she has to take any medication for the illness.
 - c. She should continue to breastfeed in order to give the baby the antibodies in the breastmilk.
5. **If a breastfeeding mother wants to go on a weight loss diet, which of the following should be recommended?**
- a. Consume at least 1800 calories, eat a variety of healthy foods, and include regular exercise.
 - b. Make an appointment with the nutritionist, so she can prescribe a 1200-calorie weight loss diet.
 - c. Use Slim Fast for breakfast and lunch. Eat a regular meal at supper and take a multivitamin.
6. **The best indicator that a newborn breastfeeding baby is getting enough is:**
- a. Swallowing sounds and going to sleep at the breast.
 - b. Stool & urine output.
 - c. Sucking movements of the baby's mouth.
7. **Pain during breastfeeding is :**
- a. Normal and no treatment is needed.
 - b. Normal but the mother should use lanolin.

c. Abnormal and indicates a problem.

8. The typical distinguishing characteristic of mastitis is:

- a. Red, wedge shaped area on outer border of both breasts
- b. Red, tender area on one breast, accompanied by fever
- c. Red scaly area on both breasts accompanied by pain throughout the feeding.

9. The current initial treatment recommendation for severe engorgement is:

- a. Ice packs to decrease swelling
- b. Warm, wet soaks to get the milk flowing
- c. Massage while standing in a warm shower

10. Your colleague has many negative feelings about breastfeeding. What are two ways that this person can still be an advocate for breastfeeding?

1)

2)

WIC CPA* COMPETENCY CHECKLIST

*Competent Professional Authority

Competency	Date Completed & Initial
1. Know the benefits of breastfeeding.	
2. Utilize effective counseling methods to enable the pregnant woman to make an informed decision about infant feeding options.	
3. Teach the basic concepts that a woman needs to know to enable her to be successful with breastfeeding.	
4. Identify and manage breastfeeding problems throughout the certification period.	
5. Identify characteristics of the Local Health Unit and the community that enhance or detract from the promotion of breastfeeding.	

Based on USDA and ADH policies and regulations

SELF- ASSESSMENT TOOL

***CIRCLE* the response that best matches your feelings about breastfeeding.**

1. When you see a mother breastfeeding in a restaurant, with her baby and breast covered with a blanket, how do you feel?
 - A. Embarrassed or uncomfortable
 - B. Happy for the baby and mom

2. You feel breastfeeding is primarily associated with non-traditional beliefs such as herbal treatments, home births and home schooling practices?
 - A. Yes.
 - B. No.

3. You believe people who promote breastfeeding must openly express support by displaying the breast or words in art, posters, or on stickers and participate in marches or "nurse sit-ins".
 - A. True
 - B. False

4. Do you feel that a person who has breastfed can do a better job counseling others about breastfeeding than a person who has never breastfed?
 - A. Yes
 - B. No

5. Do you feel that breastfeeding increases a woman's self-esteem?
 - A. Yes
 - B. No

6. If you were to have a child, how would the baby be fed?
 - A. Formula
 - B. Breastmilk

Evaluation: Competency Based Breastfeeding Training for CPA's and PC's

Rating Scale: 1=poor 2 = fair 3 = average 4 = good 5 = excellent

How well did the CE activity help you achieve the following objectives:

- | | | | | | |
|--|---|---|---|---|---|
| 1. List 3- 4 benefits for the breastfeeding infant and for the mother. | 1 | 2 | 3 | 4 | 5 |
| 2. Identify the three steps of effective counseling to promote breastfeeding. | 1 | 2 | 3 | 4 | 5 |
| 2. Identify the basic concepts that a pregnant woman who is planning to breastfeed, needs to know. | 1 | 2 | 3 | 4 | 5 |
| 3. Differentiate between various pump options for specific breastfeeding situations. | 1 | 2 | 3 | 4 | 5 |
| 5. Identify common breastfeeding problems of the postpartum period. | 1 | 2 | 3 | 4 | 5 |
| 6. List one management technique for each problem. | 1 | 2 | 3 | 4 | 5 |
| 7. Select the correct response to common breastfeeding situations.
(Given what you already know, select the correct response...) | 1 | 2 | 3 | 4 | 5 |
| 8. Recognize personal attitudes that may facilitate or interfere with breastfeeding promotion. (Self Assessment) | 1 | 2 | 3 | 4 | 5 |
| 9. List one of the Ten Steps to Successful Breastfeeding. | 1 | 2 | 3 | 4 | 5 |
| • Did the supplemental materials (for example – copies of bf tear sheets) help clarify content? | Y | N | | | |
| • Was this your first experience with a self-study module on a CD Rom? | Y | N | | | |
| • Would you recommend this Self Study Module to others? | Y | N | | | |

Comments:
